

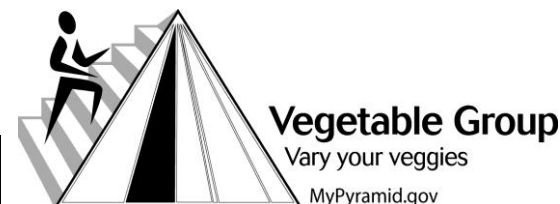
## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-13-09)

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### A220 – SWEET POTATOES, CUT, LIGHT SYRUP, LOW-SODIUM, CANNED, #10

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A, sweet potatoes, either golden, yellow, or mixed, whole, canned, packed in light syrup, and is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 108 oz cut sweet potatoes and light syrup.</li> <li>One #10 can AP yields about 60.9 oz (8<sup>3</sup>/<sub>8</sub> cups) heated, drained, cut sweet potatoes and provides about 33.8 ¼-cup servings heated, drained vegetable.</li> <li>CN Crediting: ¼ cup heated, drained, cut sweet potatoes provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned sweet potatoes in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of sweet potatoes covered and dated labeled in a nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>STOCK POT OR STEAM JACKETED KETTLE: Drain off half the liquid in the can. Pour sweet potatoes and remaining liquid into a stock pot or steam-jacketed kettle.</li> </ul>



### Nutrition Information

Sweet potatoes, cut, light syrup,  
drained

	¼ cup (49 g)	½ cup (98 g)
Calories	53	106
Protein	0.62 g	1.25 g
Carbohydrate	12.42 g	24.85 g
Dietary Fiber	1.4 g	2.9 g
Sugars	2.82 g	5.63 g
Total Fat	0.16 g	0.31 g
Saturated Fat	0.04 g	0.07 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.46 mg	0.93 mg
Calcium	8 mg	17 mg
Sodium	19 mg	38 mg
Magnesium	6 mg	12 mg
Potassium	94 mg	189 mg
Vitamin A	4493 IU	8986 IU
Vitamin A	224 RAE	449 RAE
Vitamin C	5.3 mg	10.6 mg
Vitamin E	0.56 mg	1.13 mg

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>  (cont'd)	<ul style="list-style-type: none"> <li>• CONVENTIONAL OVEN: Bake at 350 °F for 1 hour and 30 minutes until internal temperature reaches at least 160 °F. Heat sweet potatoes in syrup or add one or more seasonings, such as cinnamon, grated lemon rind, or grated orange rind. Add raisins or drained canned fruit before heating for more flavor.</li> <li>• STEAMER: A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or long enough to bring to serving temperature. PLEASE NOTE: STEAMER IS NOT A STEAMTABLE. Do not allow to boil.</li> <li>• Canned vegetables should be heated only to serving temperature and served soon after heating. Canned green peas will become overcooked when held too long on a hot steamtable or in a holding cabinet. Schedule heating of canned sweet potatoes to serve soon after heating.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Heat sweet potatoes and serve alone or may be heated with spices, other vegetables or fruits. They may be used in soups or in baked goods such as sweet potato pie or sweet potato bread.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>